

## ADAPTIVE RECREATION OVERVIEW

The Town of Gilbert's Adaptive Recreation Program strives to provide a comfortable, inviting, educational, and social environment where participants can learn and interact with others. The goal is to provide the best opportunities for participants to enrich their lives.

We are continually updating and revising classes/programs to best fit the needs of our participants now and in the future. It is our objective to aid in the building of lifelong friendships as well individual life skills. It is our hope that our programs will enrich the lives of our participants.

## ▶ ADAPTIVE RECREATION CLASSES

## COOKING 101

In your cooking class, we will provide easy to follow recipes that are fun to make and fast to put together. We will also learn basic kitchen safety tips. How-to instructions will be provided each week to re-create at home. Bring home the skills to be a great chef! The possibilities are endless! *This class is designed specifically for persons with special needs.* Participants should be able to follow simple directions. You must register for this class, drop-in is not allowed for this class.

## 12+ YEARS

85237 W 10/21-12/16\* 5-6pm CC \$56

Instructor: Gilbert Staff \*No Class 11/11

## HANDMADE CRAFTS

Come have fun with your friends while making a new craft each week. Each handmade craft will be a great keepsake item for yourself or to give as a gift. *This class is designed specifically for persons with special needs.* Can't come every week? Pay as you go. You must RSVP to guarantee your spot, no exceptions! Participants should be able to follow simple directions.

## 12+ YEARS

85238 T 10/20-12/15 4:30-5:30pm CC \$45/\$5

Instructor: Gilbert Staff



## SANCHIN-RYU KARATE FOR PERSONS WITH SPECIAL NEEDS

Have fun learning the fundamental movements of Sanchin-Ryu. Benefits of this program include: Enhanced balance and coordination, improved motor-skills and useful self-defense techniques. Students study in a fun, high-energy, non-competitive environment. **Participants must be able to follow simple directions.** Please wear comfortable clothing that does not restrict movement.

## 10+ YEARS

85276 M 10/19-12/14 4:30-5:30pm CC \$45

Instructor: Sanchin-Ryu Staff

## SPECIAL OLYMPICS BOWLING

Individuals with special needs 8 years and older are encouraged to join in the fun of bowling. Taking part in this sport provides individuals the chance to develop physical fitness, self-confidence and build strong relationships. Those needing extra supervision must provide his/her own aide. This session of bowling provides the opportunity to participate in the Special Olympics Tournament in the November. **A Special Olympics physical is required for training and competition.** Practices will be held at Brunswick Zone XL, 1160 S. Gilbert Rd. Bowlers can still bowl without participating in Special Olympics, please let staff know if this is the case. Register early space is limited! All bowlers must register or RSVP to guarantee space no exceptions!

## 8+ YEARS

85239 TH 10/22-12/17\* 4:30-5:30pm BZ \$40/\$5

Instructor: Gilbert Staff \*No Class 11/26

## POM &amp; CHEER-SPECIAL OLYMPICS

Let's Go Gilbert! Join our gold medal team and have a blast learning cheers, chants, and dances! Cheerleaders will have the opportunity to participate in the Special Olympics Cheer competition in February. This activity gives participants a chance to belong to a team, make new friends, increase coordination and enhance self-esteem. Can't come every week? Pay as you go. You must RSVP to guarantee your spot, no exceptions! Participants should be able to follow simple directions.

## 12+ YEARS

85240 T 10/20-12/15 4:30-6pm CC \$45/\$5

Instructor: Jennifer Myers

## ZUMBA

This is a slower paced cardio workout designed for beginners and those with physical limitations. Easy to follow dance steps are set to unique Latin dance music to help maximize caloric output with fun, fat burning movements. This class increases skills in coordination, balance, discipline, memory, and movement. Can't come every week? Pay as you go. **You must RSVP to guarantee your spot, no exceptions!** Participants should be able to follow simple directions.

## 13+ YEARS

85241 M 10/19-12/14 5-6pm CC \$45/\$5

Instructor: Michelle Dulansky



## EVENTS

## OCTOBER - HALLOWEEN BALL

Let's do the Monster Mash! Wear your Halloween costume for all your friends to see! There will be a costume contest with prizes for best dressed and other categories. We'll have a great time dancing and enjoying old and new friends. Light refreshments will be served.

## 12+ YEARS

84756	F	10/23	6-9pm	CC	\$5
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## NOVEMBER - OLD WEST HOE DOWN

Throw on your hat and put on them boots 'cause it's time to do the barnyard boogie! We will have a great time dancing to your favorite country music and today's hits too. There will also be a hay-ride and yummy chili to enjoy. This dance will be held at the Gilbert Community Center 130 N Oak St. Gilbert, AZ.

## 12+ YEARS

84757	F	11/20	6-9pm	CC	\$5
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## DECEMBER- HOLIDAY BALL

Get dressed up and join us for this semi-formal dance to celebrate the winter holidays! You can bring a date or come ready to meet new friends. We'll have a great time dancing to music and dinner and drinks will be served. This dance is designed for teens and adults with special needs.

## 12+ YEARS

85230	F	12/18	6-9pm	CC	\$5
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## COMMUNITY OUTINGS

## OCTOBER - PUMPKIN PICKING FIELD TRIP

Join the gang at Schnepf Farms for food, fun, and pumpkins! Get in the fall spirit by enjoying a hay ride through the corn maze, eating yummy chili, and bringing home a special pumpkin! Bring extra cash for food or bring a sack lunch and extra money if you want any goodies from the country shop! **Transportation is provided and is limited to 20 passengers.**

## 12+ YEARS

85178	F	10/9	9:30am-3pm	CC	\$12
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## WEDNESDAY NIGHT SOCIAL NIGHT

Join us every other Wednesday night as we get together for a social hour with friends! We will play bingo, sing karaoke, boogie to the top hits, and more as we spend some time getting to know each other. *The Town of Gilbert will no longer be providing snacks for social nights, please contact the Community Center at 480-503-6290 if you would like to donate a snack. FREE!!*

Registration is appreciated.

## 12+ YEARS

85232	W	10/21	6-7pm	CC	FREE	KARAOKE
85233	W	11/4	6-7pm	CC	FREE	SOCK HOP
85234	W	11/18	6-7pm	CC	FREE	BINGO NIGHT
85235	W	12/2	6-7pm	CC	FREE	KARAOKE
85236	W	12/16	6-7pm	CC	FREE	SOCK HOP

## NOVEMBER - MOVIE &amp; SHOPPING AT ARIZONA MILLS MALL

Come join the gang as we take a trip around Arizona Mills to knock out all that holiday shopping. We will enjoy a day of fun-filling spending and seeing The Peanuts Movie on the big screen! Bring additional money for shopping and lunch! **Transportation is provided and is limited to 20 passengers.**

## 12+ YEARS

85179	F	11/6	10am-4pm	CC	\$8
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## DECEMBER - A CHRISTMAS CAROL AT HALE THEATRE

Get in the holiday spirit as we watch Scrooge transform his humbugs into happiness in this classic tale from Charles Dickens. Before the play we will be getting an early dinner at Joes Real BBQ, so bring some extra money and your appetite! **Transportation is provided and is limited to 20 passengers.**

## 12+ YEARS

85231	F	12/11	2:30-7:30pm	CC	\$22
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If you would like to receive the Adaptive Recreation newsletter, flyers and emails about upcoming programs, classes and socials events please send an email to [Krista.Neugebauer@gilbertaz.gov](mailto:Krista.Neugebauer@gilbertaz.gov) to join.